

Covenant House Alaska
Crisis Center and Agency Wellness Policy

The goal of Covenant House Alaska is to provide services to homeless and at-risk youth to promote permanent, stable housing and lifestyles. While a youth is involved in our programs, they will receive health care, nutrition education and physical activities designed to promote their overall health and reduce childhood obesity.

- 1) Regular physical activities will be offered in the Covenant House Crisis Center's daily schedule, as posted on the monthly activity calendar and discussed in twice daily group meetings. A resource list of fitness facilities/exercise options available to Covenant House youth is posted near the nurse's office. Staff role model safe and enjoyable physical workouts, games and outdoor experiences.
- 2) Fitness posters are posted in youth accessible areas at Covenant House, including the newest nutrition guidelines
- 3) Exercise is mentioned in case management as a healthy stress reduction strategy.
- 4) The Crisis Center will offer to each resident youth daily healthy meals and snacks. All foods will adhere to local, state and federal nutrition guidelines.
- 5) Covenant House Alaska assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard b Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.
- 6) The medical professional, currently the Advanced Nurse Practitioner working to provide health care to the youth, will review the food service and activity schedule of the Crisis Center bi-annually to ensure that this wellness policy is followed. She will work with the Director of Program Services and the Director of Administration to enact any corrections that must be made; and
- 7) The Board of Directors, management team and youth advisory council have approved this policy and have given input into the activities that will promote health among the targeted population.